

Get Fit All Year Round!

***Please Note: Some Classes Only Seasonally Offered**
(Click Class Names for Online Registration)

| Sunday's Classes | Drop-In Fee Per Class¹ | Ages |
|---|--|-------------|
| <u>Functional Interval Training</u> | \$10.00 | 16+ |
| <u>Pilates Teens and Adults</u> | \$16.00 | 16+ |
| <u>Cardio Kickbox</u> | \$10.00 | 16+ |
| <u>Sunday Stretch</u> | \$7.00 | 16+ |
| <u>Taekwondo for Adults</u> | No Drop-In Option | 15+ |
| <u>Taekwondo for Kids</u> | No Drop-In Option | 6 – 11 |
| <u>Swim 4 Fitness for Teens</u> | No Drop-In Option | 12 – 17 |

1 – Drop-in Fees are paid the day of class and receipts are given to the instructor.

[Register Online](#)

[View our complete guide or fill out the registration form](#) to register by mail, walk-in or fax (240-314-8759)

For more information email swimcenter@rockvillemd.gov

Learn more at www.rockvillemd.gov/swimcenter

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